

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



**Spring Into Shape
with GFT!**



Group Fitness Training can help you reach all your health and fitness goals whether you're a beginner or an advanced exerciser. Each class consists of 1 hour of fat melting exercises designed to help you lose weight and build strong muscles and bones. Stop procrastinating and take control of your health with GFT! Try a class at no cost, you will be glad you did.

Includes:

- Personalized Meal Plan
- Certified Trainer to guide you to a healthier life
- Pre and Post fitness evaluations
- Results!

Your Investment:

- Members only \$5 per class!
- Non-members \$10 per class!
- **NEW!** State Employee Non-member \$5 per class!
- Hard work!

State Employee Non-member Special Rate of \$5 per class!!!

Prevention Park Days and Times

Mon, Wed and Fri at 9 am or 4 pm

48 classes in 12 weeks. Pay weekly, monthly or even daily!

Downtown YMCA Days and Times

Tuesday and Thursday at 5:30 pm

24 classes in 12 weeks.

Class starts March 29th! Sign up now!

Call or email Dan Spicer for details
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